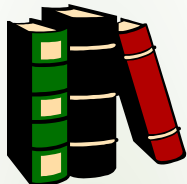


City of Loma Linda Community Garden News

November 2003

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES



Gardening Books

Nila Hardin and fellow gardener Michelle Warner have graciously donated some gardening books to the Community Garden and they will be in the garden shed. They are for your use! Please use them and take advantage of this opportunity.



We Wish You
and Your
Family a Safe,
Healthy, and
Happy
Thanksgiving

Garden hours are
dawn 'til dusk



Community Garden Buzzing with Activity on October 12th

On Sunday October 12th the Loma Linda Community Garden Harvest Festival was held at the Community Garden on Van Leuven Street...and it was a blast!



Gardener
Michelle Warner
holding her
"prize" pumpkin

The garden was bustling with activity as people began arriving at 1:00 p.m. with their favorite dishes in hand. The blenders were working in overdrive while Loma Linda School of Public Health Nutrition students Cristina Ramones, Gem Gilman, and Vanessa Aldaz prepared fresh fruit smoothies.

The Loma Linda Ukulele Club strummed and sang merrily for nearly three hours, while people ate & talked.

The cheerful music made the festival a huge success by adding to the festivities.



Gardener Bobbi Title (far left), strums
with fellow Ukulele Strummers

There was a raffle, and two of the winners won a decorative garden stake along with a Home Depot gift card for \$25.00, and two raffle winners won pumpkins.

"The Scarecrow" was very popular with the kids (and the kids at heart) painting faces and making balloon animals.

The event was well attended by gardeners, community members, City staff, Mayor Floyd Petersen and his wife, and Council Member Bob Ziprick.

The food was excellent and some of the favorite dishes included chili beans made by City staff member Lisa Escalante, fresh vegetables right out of her garden provided by gardener Serena Bingham, Baba Ganoush prepared by gardener Jean Burgdorff, potato salad made by Executive Secretary, Joanne Heilman, macaroni and cheese, fresh fruit, various salads and many other delicious foods.

Thank you to all who braved the heat and got involved in this community event celebrating the success of the Loma Linda Community Garden!



"The Scarecrow" ...surrounded by
kids, and kids at heart



Gardeners. Sandi, Matthew
and Amy Trenner

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Fellow Gardener Runs the Show

Tuesday, October 28th, fellow gardener Jim McIntosh presented a workshop on low-volume watering. Jim discussed the differences between PVC pipe and poly-tube, what to purchase to get started on your own irrigation system, and much more. Jim also talked about how to determine what kind of soil you have and most importantly, what kind of soil you should strive to achieve... loamy soil. Since loamy soil is capable of holding

more moisture, resulting in healthier vegetation, soil should be amended.



Jim McIntosh shows what kind of connector to purchase

The Community Garden has sandy soil (soil that when DRY will crumble

and break apart when you take a handful and squeeze it together). Loamy soil will hold together, but break apart and is the optimum type of soil. For more information on the irrigation techniques that Jim discussed, please go to the

City website at: www.lomalinda-ca.gov and click on "Community Info" then click on the link to the community garden, or stop by the Administration office in the Civic Center. Thanks to Jim for the excellent workshop!



Betty Stark won the raffle and is now the proud owner of an irrigation system



"There is virtue yet in the hoe and the spade, for learned as well as unlearned hands and labor is everywhere welcome: always we are welcome to work..."

~Ralph Waldo Emerson

Tofu Not-a-Turkey (serves 20)

Ingredients:

5 pounds of firm tofu (additional 1 pound needed for "drumsticks" if desired)

Stuffing:

2 tablespoons toasted sesame oil
1 large onion, chopped fine
1 1/3 cup celery, diced (about 4 stalks)
1 cup mushrooms, finely chopped
3 to 4 cloves garlic, minced
1/4 cup sage (may use 1/8)
2 teaspoons marjoram
2 teaspoons thyme
1 teaspoon winter or summer savory
salt and pepper to taste
1 teaspoon rosemary
2 teaspoons celery seed
1/4 cup soy sauce or tamari
3 cups Pepperidge Farm Herb Stuffing

Basting mixture:

1/2 cup toasted sesame oil
1/4 to 1/3 cup soy sauce or tamari
2 tablespoons miso
2 tablespoons orange juice
1 teaspoon mustard of choice

Nutrient Info

Calories: 282
Protein: 19 g
Fat: 19g
Saturated Fat: 3 g
Carbohydrate: 12g
Calcium: 250 mg
Potassium: 350 mg

Directions:

Mash tofu or mix well with hands making sure that all of the lumps are out. Line a 12" colander with wet cheesecloth over lapping the sides. Add the mashed tofu to the cloth covered colander, press down and cover with the overlapping sides. Place the whole thing in a large bowl. Cover the cheesecloth with a plate that fits inside the colander and place a 5 pound weight (or a few cans) on the plate. Refrigerate and let sit for 2 to 3 hours. When time is up, start the stuffing. Sauté the onions, celery and mushrooms in the 2 tablespoons sesame oil. When soft, add the garlic and all the rest of the stuffing ingredients, except stuffing, mixing well. Stir and cook for 5 minutes. Add herb stuffing and mix well. Remove tofu from fridge and take off weight, plate and top of cheesecloth. Hollow out tofu to within 1" of the sides and bottom, placing the tofu in a bowl.

Place the stuffing inside the shell and pack in firmly. Cover with the remaining tofu and pat down firmly. Turn stuffed tofu onto a greased baking sheet, flat side down. Gently press on sides of tofu loaf to achieve a more oval shape. If desired at this point, you may mold "drumsticks" out of one pound of tofu, and place on each side of the tofu loaf. Mix up the basting mixture and baste tofu loaf with half of it. Cover the tofu loaf with foil, and bake at 400 degrees for about 1 hour. Remove foil, baste with all the remaining mixture except a few tablespoons and return to oven for 1 hour more, or until the tofu loaf is golden. Remove from oven and use rest of basting mix. Using at least 2 large spatulas, move to a large plate. Serve with the gravy of your choice.